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# Naval District Washington Fleet and Family Readiness Naval Support Activity Annapolis



Fleet & Family
Support Center

AUGUST Classes at FFSC

NDW Regional
TAP Classes 2012

NDW Regional
TAP Classes 2013



Fitness Programs

Information,
<u>Tickets & Travel</u>
<u>Program</u>

ITT Newsletter Link

<u>Liberty Program</u>

Carr Creek Marina

Auto Skills Shop

# NSA Annapolis F&FR "News" AUGUST 2012

NSA Annapolis Fleet & Family Readiness Programs help you make the most of your tour of duty or choice of relocation in the Annapolis area. Fleet and Family Readiness Programs include the Morale, Welfare and Recreation Department, Fleet and Family Support Program, Family and Bachelor Housing, Navy Gateway Inns and Suites, and Galley facilities. We hope that you will employ this newsletter in your decision to become active in our F&FR Programs at NSA Annapolis.

The staff at our facilities welcome you!

Learn more about FFR Programs at NSA Annapolis at the new website: http://cnic.navy.mil/Annapolis/FleetandFamilyReadiness

Please rate our FFR Programs - Thank You!

https://ice.disa.mil/index.cfm?fa=site&site\_id=400&dep=DOD?

target=\_bla

#### COMING ATTRACTIONS .......

Click on linked items or read descriptions below this list if item is not hyperlinked.

- 13th Annual Navy Night at the Baysox August 3
- Youth Coed Soccer League Registration in Progress
- MWR Pool Member Appreciation Pool Party August 17
- America's Kids Run August 23
- CANS Film Festival Movies for Adults
- MWR Yard Sales 2012 Schedule Next Date August 11
- I ntramural Flag Football Pre-Season Starts August 13
- MWR Auto Wash is Open 24/7 Tokens are Available at Bldg. #89
- Blue Jacket Cafe Coffee Mug Membership Program
- MWR Outdoor Recreation Equipment Rental Open 7 Days a Week
- I nformation, Tickets & Travel AUGUST Newsletter Link
- Chick-fil-A Mooo..vie Madness Family Movies Starting August 16
- Marina offers Kayaking instructions and tours See Marina section for details!
- Package Deal on NS Pavilion Rental (use of North Pool include in special price)
- Defenders of Freedom Appreciation Day Six Flags & Lynard Skynard Concert 9/22
- Navy-Air Force Half Marathon and Navy 5-Miler September 16, 2012
- FFSC FUN DAY August 18 (Volunteers needed; cakes needed!)



**Child and Youth Programs** 

Child-Youth **Programs** 

**CYP Central** Enrollment 1-877-269-9322 or Regional Resource and Referral Office: 1-202-433-3055 or 202-433-0942 Toll Free: 1-855-204-9767



Navy Gateway Inns & Suites **Annapolis** 

**NGIS** Reservation <u>Form</u>

**NGIS Brochure** 

Blue Jacket Cafe

Blue Jacket Cafe Weekly Menu

**Navy Housing** 



**Lincoln Military Housing** 

Housing available for **DoD Civilians** 410-349-1740

Military Appreciation Night - Chesapeake Bayhawks - at N-MC Stadium - August 11

MWR Fitness Labor Day 10K Run - Register NOW!

#### 13th Annual Navy Night at the Baysox

The 13th Annual "NAVY NIGHT AT THE BAYSOX" will be held on Friday, August 3 at 7:05 p.m. when the Bowie Baysox (AA affiliate of the Baltimore Orioles) take on the Trenton Thunder (AA Affiliate of the New York Yankees) at Prince George's Stadium, Routes 50 and 301 in Bowie, MD. Gates will open at 6:05 p.m. The U.S. Naval Academy Band will perform patriotic music in front of the stadium shortly before the gates open.

Opening ceremonies will be performed by Navy personnel and Navy Federal Credit Union personnel at 6:30 p.m. There will also be the spectacular 20-minute post-game fireworks display that lights up the skies over the city of Bowie! For a list of participants in the opening ceremony, click here.

#### Coed Youth Soccer League

The Billy the Kid Youth Center will kick Fall into gear with the annual Coed Youth Soccer League for DoD family members from 5 through 10. There will be three age divisions: 5-6; 7-8 and 9-10. Registration will run through August 24 at the Youth Center, 126 Alder Road, NSA Annapolis. Birth certificates are necessary for registration. Games will be held on Saturdays at the NSA Annapolis fields from

September 8 through October 27 from 9 to 10 a.m. There will be no game on October 6 in observance of the Columbus Day holiday weekend. Cost is \$50 per player and includes a jersey and trophy. VOLUNTEER COACHES are needed. For more information or to register, contact Rhiannon DiMaggio, Youth Sports Coordinator at 410-293-4998 (or Rhiannon.dimaggio@navy.mil) or call 410-293-9396.

#### Member Appreciation Pool Party

MWR will host the annual Pool Member Appreciation Pool Party on Friday, August 17 from 4 to 7:30 p.m. at the North Pool and Picnic Pavilions, NSA Annapolis. A BBQ dinner will be served by the Blue Jacket Cafe from 4:30 to 6 p.m. There is no cost for 2012 current pool members who present pool passes to claim a meal ticket; non-members must pay \$5.50 per adult and \$3.50 per child under 12 for dinner.

Appropriate pool fees apply for non-members. Bring the family and enjoy DJ music, games, inflatable basketball and obstacle course, horseshoes, volleyball, softball and door prizes. Call 410-293-9200 if you plan to attend.

#### America's Kids Run - Calling All Kids ages 5-13

The Billy the Kid Youth Center will host the annual America's Kids Run on August 23 at 9:30 a.m. at the Youth Sports Field by the North Severn Swimming Pool. The program is designed to introduce running as a fun and health activity for children. Participation is the primary goal of the program. Ages 5-13 are allowed to participate and will receive a T-shirt, fresh fruit and trophies for 1st to 3rd place for boys

and girls in ages groups 5-6, 7-8 and 9-13 - the age groups will run 1/2 mile, 1 mile and 2 miles, respectively. There is no cost to enter. Sign up by August 20 at the Youth Center. This event is sponsored in part by Lincoln Military Housig (neither the Navy, MWR or any other part of the federal government officially endorses any company, sponsor or their products or services.) For more information or to sign up, call 410-293-4998 or 9396.

#### "CANS" Film Festival Nights - Movies for Adults

MWR will show movies for adults (PG13 or R) on the the 4th Tuesday of each month starting August 28 at 5:30 p.m. in the theater in the MWR Recreation Services Bldg. #89, NSA Annapolis. Admission is free and donations of "canned" foods will be accepted before each movie. Donations will go to the Maryland Food Bank. Donations will also be accepted on Chick-fil-A movie nights. Movies are first-run and youth 17 and under are not permitted at R-rated movies. Upcoming dates are: August 28; September 25; October 30; November 27 and December 18 (3rd Tuesday due to Christmas Holiday on Dec. 25). For movie showings, call 410-293-9200.

#### MWR Annapolis Yard Sales 2012 Schedule

MWR Annapolis offers monthly Yard Sales in the parking lot of the Navy Exchange Annapolis from 10 a.m. to 1 p.m. Cost is \$10 for table or space. Pre-register at the MWR Rec. Bldg. #89 one week prior. Customers can register on the day of event, however table are not guaranteed. Eligibility includes: active duty, retired, reservists, DoD civilians, Alumni Association, NAAA, DoD contractors at USNA. No alcohol, firearms or food re-sale is permitted. All items for sale must be in good taste! Date for 2012: August 11 and September 15. Commissary caselot sales will be held in conjunction with Yard Sales on May 19 and September 15. For more information or to charge a reservation by phone, call 410-293-9200. For a copy of the flyer: <a href="https://cnic.navy.mil/Annapolis/FleetAndFamilyReadiness/ThingsToDo/index.htm">https://cnic.navy.mil/Annapolis/FleetAndFamilyReadiness/ThingsToDo/index.htm</a>

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#### Intramural Football Season Starts

Intramural Flag Football Pre-season starts August 13 and games start on August 20. Coaches and players interested in participating in MWR's Intramural Flag Football Season should contact Reno Brown, Intramural Sports Coordinator, at 410-293-9212.

#### MWR Car Wash Available 24/7- Tokens Available for Purchase - Flyer

Customers can purchase CAR WASH TOKENS for MWR's automated Car Wash at the Customer Service Desk in the MWR Recreation Services Bldg. #89. The car wash operates 24/7 and is located between the Navy Exchange Service Station and the Mini-Mart. Features include auto-wash bay for autos and a self-service bay for autos and one for RVs, vacuum, shampoo, air and a change machine.

Tokens are \$1 and \$5 and may be purchased by credit card. There is no limit on the amount of token to be purchased. Car Wash Prices are \$8/Basic; \$9/Deluxe and \$10/Ultimate. For more information, call 410-293-9200.

#### Outdoor Recreation Equipment Rentals - 7 Days a Week!

MWR rents 7 days a week! Check it all out at the link below or a the bookmarked section under <u>Outdoor</u> <u>Recreation Equipment Rentals</u>.

Brochure (being updated): <a href="http://www.usna.edu/MWR/GEARRENT/NSAAnnapolis-MWROutdoorRecreationEquipmentRental-BROCHURE">http://www.usna.edu/MWR/GEARRENT/NSAAnnapolis-MWROutdoorRecreationEquipmentRental-BROCHURE</a>

#### Chick-fil-A Mooo..vie Madness - Monthly Family Movies! Starting August 16

MWR Annapolis shows family movies on the third Thursday of each month - "Chick-fil-A Mooo..vie Madness." The program is sponsored in part by Chick-fil-A, Annapolis Mall with free chicken sandwiches on a first come, first served basis. G-PG13 movies will be shown at the MWR Recreation Services Bldg. #89 at 5:30 p.m.

Cost is FREE and all DoD-eligible people are welcome. Children 13 and under must be accompanied by an adult. For information, call 410-293-9214. (Neither the Navy nor any other part of the federal government officially endorses any company, sponsor or their products or services.

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#### <u>Defenders of Freedom Appreciation Day - FLYER</u>

The NDW region would like to show its' appreciation for the men and women who daily support and defend this great country. They are inviting all DoD and Military personnel to a day at Six Flags at a drastically reduced rate. In addition, the first 5000 people to purchase the tickets will be eligible to receive a limited seating ticket to a concert featuring Lynard Skynard at 7 p.m. Tickets can be purchased at any NDW ticket office. Ticket prices will be \$18 through August 16, 2012 and \$20 starting August 17. Tickets are Non Refundable. Parking is free. So, spend all day at the park and enjoy the concert, too! DON'T MISS OUT ON THIS TERRIFIC VALUE (\$150 FOR ONLY \$18). Call the NSA Annapolis ITT Office for more information at 410-293-9200.

See the band on YouTube:

http://www.youtube.com/watch?v=E o24KnoU A&feature=player embedded http://www.youtube.com/embed/HE9webNA4xc?rel=0

#### Inaugural Navy-Air Force Half Marathon and 9th Annual Navy 5-Miler

The Navy 5-Miler is expanding into the Navy-Air Force Half Marathon and Navy 5-Miler this year. The Inaugural Navy-Air Force Half Marathon and the 9th Annual Navy 5-Miler will be held at 7:30 a.m. Septembre 16 (Sunday) on the grounds of the Washington Monument in DC. The race is open to all military and civilian runners and will use Chrono-Track timing. The route will include East and West Potomac Park and Rock Creek Parkway and will be USATF-certified by race weekend. The fastest way to register is online at <a href="http://www.navyairforcehalfmarathon.com">http://www.navyairforcehalfmarathon.com</a> Online registration closes September 11, 2012. The first 5000 runners will receive a promotion code for a free 8" x 8" photo book from Shutterfly. Wheelchair racers and Wounded Warriors will start the race at 7:20 a.m.

Fees for the half marathon are \$75 for military and \$85 for civilians through August 31. From September 1 until online registration closes will be \$85 for military and \$95 for civilians.

Navy 5-Miler fees are\$35 for military and \$40 for civilians through August 31 and \$40 for military and \$45 for civilians from September 1 through the close of online registration.

Teams may also register online and require a minimum of four members to score and a maximum of 8 members per team.

Thirteen age group category awards will be awarded to the top three male and female rnners in five-year age groups starting with 14 and under, up to 70 and over. Top three teams will be awarded the Military Challenge, Corporate Challenge and Open Challenge for both distances.

Presenting sponsor is Science Applications International Corporation (SAIC) for the sixth consecutive year.

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#### FFSC Fun Day - Cakes Needed for Cake Walk!

The 22nd Annual Fun Day is August 18 from 10 a.m. to 2 p.m. on the grounds between Fleet and Family Support Center and MWR's Bldg. #89. Come, enjoy a host of games and activities for children and adults, music, contests, displays, mascots, clowns, and information from the many commands and departments at the Annapolis Area Complex. All games are free. Refreshments and food will be for sale by

command departments. Cakes are needed for the Cake Walk game. Donated cakes need to be brought to the FFSC in Bldg. #168 on Friday, August 17 before 4 p.m. If you can donate a cake or two, contact the Fleet and Family Support Center, 410-293-2641.

#### MWR Fitness Labor Day 10K Run

MWR Fitness at NSA Annapolis will host the annual Labor Day 10K Run on Saturday, September 1 at 9 a.m. at the Bay Room on Greenbury Point. Registration is in progress and the deadline to register and guarantee a T-shirt is August 24. Race day registration will be from 8 to 8:45 a.m. but does not guarantee a T-shirt. Race starts promptly at 9 a.m. Prizes will be awarded for gender and age levels. The race is sponsored in part by Camelbak, Annapolis Canoe and Kayak, EarthTreks Climbing Center, Life Fitness East Coast (neither MWR, the Navy nor any other part of the federal government officially endorses any company, sponsor or their products or services).

Fleet and Family Support Center
168 Bennion Road
Naval Support Activity Annapolis, MD 21402
M-F 8 a.m. to 4:30 p.m.
410-293-2641
410-293-5237 FAX

Welcome to the Annapolis Fleet and Family Support Center. In support of the mission of the United States Naval Academy, we provide programs and services that enrich lives, enhance opportunities, and empower people to meet the unique challenges of naval service. Our services are provided to Navy, Marine Corps and other military personnel, retirees and family members.

For more information on programs and services offered by Fleet and Family Support Center, visit the CNIC webpage:

http://cnic.navv.mil/Annapolis/FleetAndFamilvReadiness/SupportServices/FamilvSupportPrograms/index.htm

#### **AUGUST 2012 FFSC NEWSLETTER**

August Class Schedule - complete class descriptions - FLYER

Brief descriptions of classes are below.

- RETIRED ACTIVITIES OFFICE, WEDNESDAYS 9:00 11:00 AM
- DEVELOPING YOUR SPENDING PLAN, THURSDAY 2, AUGUST 2:00 PM- 4:00 PM
- MEDICAL RECORD REVIEW, THURSDAYS, 2, 16 & 23 AUGUST, CALL FOR AN APPOINTMENT, 8:00 AM 3:00 PM
- SMOOTH MOVE SEMINAR, FRIDAY, 3 AUGUST, 8:30 11:30 AM
- TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP, TUESDAY-FRIDAY, 7 10 AUGUST, 8:00 AM 4:00 PM
- "HEARTS APART" DEPLOYMENT DICUSSION GROUP, TUESDAYS 7 & 21 AUGUST, 6:15 PM 7:30 PM
- ANGER MANAGEMENT WORKSHOP, (WEDNESDAYS) 8, 15 & 22 AUGUST, 1:00-4:00 PM
- FINANCIAL PLANNING FOR DEPLOYMENT, TUESDAY, 14 AUGUST 9:00 AM- 10:30 AM
- 10 STEPS TO A FEDERAL JOB, PART 1., THURSDAY, 16 AUGUST, 9:00 AM 12:00 PM
- COME JOIN US! 22<sup>ND</sup> ANNUAL ANNAPOLIS FFSC & AREA COMMAND'S FUN DAY SATURDAY, 18 AUGUST, 10:00 AM – 2:00 PM
- RESUME WRITING, PART 1, TUESDAY, 21 AUGUST, 9:00 AM -12:00 PM
- HOME TEAM" YOUTH DEPLOYMENT SUPPORT GROUP, TUESDAY 21 AUGUST, 6:00 PM 7:00 PM
- COMMAND INDOCTRINATION/NEWCOMERS' ORIENTATION, WEDNESDAY FRIDAY, 22 24 AUGUST, 8:00 AM 4:00 PM WEDNESDAY – NAVY PRIDE & PROFESSIONALISM,

THURSDAY & FRIDAY - COMMAND INDOC

CALL THE FLEET & FAMILY SUPPORT CENTER TO REGISTER FOR OUR MONTHLY "COMMAND INDOC/NEWCOMER'S

- CAR BUYING STRATEGIES, WEDNESDAY, 22 AUGUST 2:00 PM- 4:00 PM
- 10 STEPS TO A FEDERAL JOB, PART 11., WEDNESDAY, 22 AUGUST, 4:30 7:00 PM
- RESUME WRITING, PART 11, THURSDAY, 23 AUGUST, 4:30 -7:00 PM
- NEW SPOUSE ORIENTATION, THURSDAY, 23 AUGUST 5:45-7:00 PM
- EDUCATION BENEFITS BRIEF, FRIDAY, 24 AUGUST, 11:45 AM-12:45 PM
- INTERVIEWING SKILLS, FRIDAY, 24 AUGUST, 9AM 12:00 PM
- RAISING FINANCIALLY FIT KIDS, MONDAY, 27, AUGUST 6:00 PM- 8:00 PM

NDW Regional TAP Class Schedule - 2012

NDW Regional TAP Class Schedule - 2013

#### Military Telephone Directory

The Annapolis Fleet and Family Support Center has copies of the 2012-13 Mllitary Telephone Directory. The directories are FREE and cover military bases in the Washington DC Metro area and Maryland. Information includes command information, military treatment facilities, family support centers, MWR and more. Please stop by the FFSC in Bldg. #168 to pick up a copy.

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Morale, Welfare and Recreation Programs <a href="https://www.facebook.com/AnnapolisMWR">https://www.facebook.com/AnnapolisMWR</a>

Fitness and Athletics / Aquatics Programs MWR Recreational Services Bldg. #89 410-293-9200

M-F 5:30 a.m. to 8 p.m.

Sat / Sun / Federal Holiday 8 a.m. to 5 p.m. MWR Fitness Director - 410-293-9211

#### MWR Fitness Specialist - 410-293-9226

Fitness Center Policy, Fee and Services

FREE use of the Fitness Center is for Active Duty, Retired Military, Active Reservists and DoD Civilians (active and retired with proof of retirement) and their family members throughout Naval District Washington fitness facilities. (Family members are defined as spouse and children; adult age children with valid student ID). DoD civilians may bring their family members to the MWR Recreational Services Bldg. #89, NSA Annapolis to obtain a fitness center access card. Full-time USNA Contractors are \$300 per year, \$44 per month or \$11 per day. Guests of active duty, retired military, reservists, or DoD civilians are \$5/day or \$11 for Contractors.

The Fitness Center includes a gym, weight and cardiovascular rooms and racquetball courts and an intramural sports program. Fitness equipment includes treadmills, cross-trainers, recumbent bikes, upright bikes, stair-masters, Life Fitness equipment and an FM wireless fitness cinema. The fitness center has men's and women's showers with day lockers, a co-ed sauna, free towel checkout, racquetball gear, weight belts, basketballs and other equipment checkout. No youths under 10; 10-14 must be supervised by adult at all times.

#### MWR Fitness Offers Spin Room for Command PT

A Spin Room with 20 bikes is available in the MWR Recreation Services Bldg. #89(in racquetball court B) from 8 a.m. to 5 p.m. for Command PT by reservation with the Fitness Director, Tony Compton. Please call 410-293-9211 to make reservations.

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MWR Swimming Pools
South Severn across from USNA Gate 8 / North Severn on NSA
Annapolis

Pools Open through September 3, 2012

MWR Aquatics Job Opportunities: lifeguards, water safety instructors

http://www.usna.edu/MWR/employmentopportunities.htm

See <u>Pool Brochure</u> for Hours of Operation / FEES / Lessons and Rentals

http://files.e2ma.net/12344/assets/docs/mwrpoolbrochure-2012.pdf

#### MWR Athletic and Fitness Ongoing Programs

- 2012 Captain's Cup Tournments
   Link: <a href="http://www.usna.edu/MWR/Fitness/2012-CaptainsCup-IntramuralSports-POSTER">http://www.usna.edu/MWR/Fitness/2012-CaptainsCup-IntramuralSports-POSTER</a>
- Intramural Sports: Intramural sports are free for all military and family members; DoD civilians or DoD family members pay \$30 each per sport; USNA Contractors pay \$44 per sport; payment of intramural fees allows individuals to use the Fitness Center for one month. For details, call 410-293-9211 or Link: <a href="http://www.usna.edu/MWR/Fitness/2012-CaptainsCup-IntramuralSports-POSTER">http://www.usna.edu/MWR/Fitness/2012-CaptainsCup-IntramuralSports-POSTER</a>
- Fitness Events Calendar: http://www.usna.edu/MWR/Fitness/2012-Health&Fitness-POSTER
- Personal Training and Fitness Assessments Tony Compton, Certified Health Fitness Specialist through the American College of Sports Medicine is the MWR Fitness Director and Mark Maier is the MWR Fitness Specialist. MWR Fitness offers computerized fitness assessments using the "MicroFit" system and personal training sessions. The assessment provides information to help you establish an exercise routine to achieve your desired fitness goal. The fitness evaluation includes height, weight, resting heart rate, blood pressure, body composition analysis using skin fold calipers, cardiovascular endurance, muscular strength and

flexibility. Personal training is \$20/hour; \$15/person/hour for a group of two. Computerized fitness assessments cost \$20; computerized assessments are FREE for active duty personnel. Please note that all active duty military have priority, so available times may be limited. For an appointment, call 410-293-9226.

• WOW - "Women on Weights" at 5 to 6 p.m. Tuesdays & Thursdays in the Recreational Services Building #89 (MWR Fitness Center) Weight Room. This is a fun workout atmosphere for women of all ages! This is an on going class designed for women to maintain muscular strength, develop muscle tone, increase functional mobility & flexibility, and meet exciting new people! Available for all women allowed access to the MWR. FREE - No signup required! Call 410-293-9204 the day before for updated class schedule information.

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Morale, Welfare and Recreation Massage Therapy Bldg. 89, Recreational Services 410-279-2070 (By appointment)

#### Massage Therapy - FLYER

Massage therapy is available by prior appointment. MWR has a terrific massage therapist (Sharon) who specializes in muscle stretching techniques, Swedish relaxation, deep tissue, prenatal, and myofacial release. The MWR Massage Studio is located in the MWR Recreation Services Bldg. #89, NSA Annapolis. Customers must pay for their session at the Customer Service Desk prior to their appointment. Cost is \$40 for a ½ hour session; \$60 for one hour. Gift certificates are available at the Customer Service Desk (410-293-9200 to charge by phone). For an appointment, call Sharon at 410-279-2070.

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Morale, Welfare and Recreation Information, Tickets and Travel Outlet Recreational Services Bldg. #89 410-293-9200 M-F 5:30 a.m. to 8 p.m.

The Annapolis ITT Office offers an array of discount tickets, trips, special events and travel / lodging services. Before planning an itinerary, check out what ITT can do for you! The ITT staff can book various vacation packages, trips, tours, cruises, getaways and a lot more. Almost everything you've ever wanted as far as discount tickets, trips and special events is outlined in a separate newsletter.

#### **ITT INFORMATION LINK**

http://e2.ma/webview/60hmc/688201f9c0bf5213790fd358a385b6d1 Click on the above link to find out more information about:

<u>Defenders of Freedom Appreciation Day at Six Flags</u> (Concert, too!)

Navy Football Tickets

Washington Redskins Football Ticket Sales

White House Ornament 2012

Disney's Military Salute for Active and Retired Military

Discount Tickets for Tourist Attractions

SeaWorld Entertainment and Parks: Heroes Salute Extended

Broadway in Baltimore Discount Tickets to Hippodrome

Informational Flyer for ITT Services - FLYER

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Morale, Welfare and Recreation
Liberty Program (Liberty Zone)
MWR Recreational Services Bldg. #89
M-Th 11 a.m. to 8 p.m.
Friday 11 a.m. to midnight
Saturday 11 a.m. to midnight
Sunday and Federal Holiday 8 a.m. to 5 p.m.
410-293-9214

The Liberty Zone, the recreation center for single and unaccompanied E1-E6 active duty personnel, is located in the MWR Recreation Services Bldg. #89, Naval Support Activity Annapolis. The center is an alcohol and tobacco-free facility designed to be the Sailor's 'home away from home.' The center features a surround sound theater, computers, WIFI connectivity, video games, TV / lounge area, self-serve snack area and kitchen facilities (with a stove), pool tables, ping pong tables and a massage chair. Activities and trips are planned each week. Sign up and pay for trips / activities in advance either at front desk of Bldg. #89 or Liberty Zone.

<u>Text Message Program</u>: Find out about Liberty Zone events the easy way! Sign up for Text Messaging by texting LIBERTYZONE (all one word) to 30364. Message and data rates apply. Text STOP to end or HELP for help.

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Morale, Welfare and Recreation
Carr Creek Marina
CDR John L. Dunning, Jr. Pier at Mill Creek
Winter Hours: September to May 20
Office: Monday through Friday 7:30 a.m. to 4 p.m.
410-293-3731 or 2058; FAX 410-293-3410

Carr Creek Marina is located on the east end of Naval Support Activity Annapolis and is open to all Department of Defense customers, including active duty of all services, DoD civilian employees, military retirees, reservists and family members.

Marina Services: Haul Outs / Power Washing / Slips / Moorings / Dry Storage

The Marina offers haul-outs and power washings by appointment and also has slips, moorings and dry storage for boats. There is a storage lot for recreational vehicles, boats on trailers and popup campers (no automobiles) and priority is given to active duty housing residents at the Annapolis complex. Carr Creek Marina also operates the CDR John L. Dunning, Jr. Pier at Mill Creek off Greenbury Point, NSA Annapolis. The pier is designated as a "Clean Marina Partner" by the Maryland Department of Natural Resources under the Clean Marina Program. The pier has 32 slips for year-round in-water berthing. Eligible patrons interested in renting a marina slip at Mill Creek can fill out an application (applications can be downloaded from the webpage:

http://www.usna.edu/MWR/millcreekapplication.htm and mailed to MWR Carr Creek Marina, 89 Bennion Road, Naval Support Activity Annapolis, MD 21402-5058. Marina slips vary in size and some slips accommodate boats up to 40'. A priority list will be used if slip requests exceed the number of slips available.

Boat Rentals and Sailing Lessons

The Marina rents boats and offers sailing lessons to September.2 Successful completion earns a "B" qualification

card. Lessons cost \$220/person and must be booked by reservation. The cost includes course materials. Because of their popularity, a waiting list is maintained throughout the year. This course is available to authorized MWR customers, ages 16 or older. Sailing applications can be downloaded at: <a href="http://www.usna.edu/MWR/MWRSailingLessonsForm.htm">http://www.usna.edu/MWR/MWRSailingLessonsForm.htm</a>

New boat rentals this year includes a 20-ft Tahoe Runabout Sport Boat with Trailer. For details see the flyer at this link:

https://cnic.navy.mil/Annapolis/FleetAndFamilyReadiness/ThingsToDo/Recreation/Marinas/BoatingPrices/index.htm

#### Kayak Instructions and Tours

From May to September, the Marina also rents canoes and kayaks. The Marina also offers kayaking instructions and tours with certified American Canoe Association Instructors. The Smart Start Paddler Orientation is a 1-hour course on Wednesdays and Saturdays at 1000. The course fee is \$18.00 and is required to rent a kayak or canoe. Quickstart Your Kayak is a 3-hour introductory course that is also be offered on Wednesdays and Saturdays at 1000. It will incorporate the Smart Start class and basic maneuvers as well as safety issues. The next class in the series is Kayak Touring. This is a 4-hour class designed to build on the skills learned in the Quick Start class. The marina will also offer 2 hour guided Sunrise and Sunset Tours. Kayak and Canoe rentals are available Wednesday thru Sunday May 18th to September 2nd. Please call the Marina at 410-293-3731 for more information, to schedule a class, or make a rental reservation. For a kayaking instrucation application, visit:

http://www.usna.edu/MWR/kayakinstructionapplication.htm

For more information or flyers, click on the following link on the CNIC website:

https://cnic.navy.mil/Annapolis/FleetAndFamilyReadiness/ThingsToDo/Recreation/Marinas/index.htm. Visit the MWR Annapolis webpage at <a href="http://www.usna.edu/MWR/marinarental-storagefees.htm">http://www.usna.edu/MWR/marinarental-storagefees.htm</a>

for more information or call 410-293-3731 or 2058.

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Morale, Welfare and Recreation
Auto Skills Shop
Friday - 12:30 to 9 p.m , Saturday 9 a.m. to 5 p.m. , Sunday - Noon
to 5 p.m.
Closed Monday through Thursday and Federal Holidays
410-293-3859

The self-help Auto Skills Shop has eight automotive bays (four with hydraulic lifts) and a variety tools and equipment, including a Diagnostic Scanner, a tire mounter, timing light, electric drill, wash tank, grease tank, brake lathe, hoists, engine stands, Snap-on tools, tire balancer and puller set. Bay time is \$3/hour; \$5/hour with a lift. Check on your vehicle with the shop's new "All Data" computer car manual program for information on recalls, service bulletins and make / model updates. For information, call 410-293-3859.

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Morale, Welfare and Recreation Party Rooms and Pavilion Rentals MWR Recreational Services Bldg. #89 410-293-9200 (Rental Agreement

MWR rents party rooms and picnic pavilions. Retelle Room is located on Naval Support Activity Annapolis and accommodates approximately 80 people. There are kitchen facilities, a brick BBQ with grill (currently being renovated), a covered patio and is adjacent to a softball field (field must be booked separately). Retelle Room does not have heat or air conditioning and is not available in winter months from November to April.

MWR also rents the Bay Room located at Greenbury Point. It offers similar features as the Retelle Room plus a view of the Chesapeake Bay and accommodates 80 people. It is available year-round with heat and / or air conditioning.

NEW THIS YEAR! A party package is available at North Severn with Pavilion rental and

access to North Pool during open hours. Cost for package is \$155 and includes private pavilion with grill and use of North Pool (limit to 50 guests regardless of age). Call MWR for further details: 410-293-9200.

Balloon Bouquets with 12" balloons may be ordered 48 hours in advance (\$9 per dozen - limit of 3 dozen per room rental). Balloons may be picked up on the day of the event at the MWR Recreational Services Bldg. #89.

Rental fee for the Retelle Room or the Bay Room is \$65 plus a \$150 refundable deposit. Reservations may be made no more than three months in advance. For reservations, stop by the Customer Service Desk, Bldg. #89 to complete the rental application or call 410-293-9200 for more information.

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Morale, Welfare and Recreation
Outdoor Recreation Equipment Rentals
Bldg. 299 Halligan Road
(in the Auto Skills Shop Facility)
410-293-3859
(Thursday to Monday)

MWR rents six-foot tables, chairs, a 5-foot charcoal grill, propane heater / cooker, folding picnic tables with umbrellas, four and six-man tents, sleeping bags, camp cots, air mats, camp chairs, ice chests, propane lanterns, flashlight lanterns, two-burner stoves, 10' x 10' canopies and a 4-man Coleman Yuma Camper on a daily basis, for the weekend or weekly to help you experience the great outdoors.

MWR rents mountain bikes, bike helmets and sports equipment such as softball kits, badminton and croquets sets, basketballs, volleyballs and horseshoes.

MWR also rents three inflatables: Moon Bounce, Slide and Basketball Hoop on a daily basis. There is an extra \$75 charge for MWR to deliver and set up any of these three inflatables.

Camping, party and sports equipment can be checked out from the Outdoor Recreation Equipment Rental Facility, Bldg 299 Halligan Road (same facility as Auto Skills Shop). Hours of operation are: M-Th, 8 a.m. to 4 p.m.; Friday, Noon to 8 p.m.; Saturday and Sunday, 9 a.m. to 5 p.m. Weekend rentals mean a customer picks up items on Friday and returns them the following Monday. Call 410-293-3859.

Kayak and canoe rentals are available at the MWR Carr Creek Marina. Call 410-293-3731 or 2058.

Outdoor Recreation Equipment Rental Brochure & Price List or use this link . . .

http://files.e2ma.net/12344/assets/docs/nsaannapolis-mwroutdoorrecreationequipmentrental-brochure.pdf

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#### Child-Youth Programs

Child Development Center
Bldg 298, Eucalyptus and Gage Roads
M-F 6:30 a.m. to 5:30 p.m.
410-293-9390

Child Development Home Program Bldg. 298, Eucalyptus and Gage Roads M-F 8:30 a.m. to 5 p.m. 410-293-9394

Child Development Waiting List Enrollment Parents in need of child care and who want to be placed on a waiting list, can call the Central Enrollment and Waiting List (CEWL) at 1-877-269-9322 or 1-202-433-3059 or register online at <a href="https://gol.navyaims.net/CYPWeb/Web/RFC/RequestForCare.aspx">https://gol.navyaims.net/CYPWeb/Web/RFC/RequestForCare.aspx</a>

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#### Child Development Center

The Child Development Center of the U.S. Naval Academy Complex is housed in a new, 25,000 square-foot CDC with 162 available spaces and the latest Unified Facilities Criteria, new furnishings and equipment. The staff at the Center provides quality childcare, preschool and pre-K programs for active duty and DoD families, Monday through Friday from 6:30 a.m. to 5:30 p.m. Eligibility is open to active duty military, DoD civilian employees, reservists on active duty and DoD contractors assigned to or residing at the U.S. Naval Academy Complex. Priority access will be established if there is a waiting list. Fees for childcare at the center are based on total family income. Current shot records are required at the time of registration. Bring Leave and Earning statements and / or pay stubs to register. For more information on services or fees, call 410-293-9390.

#### Hourly Care Service

Hourly care is open to children, ages 6 weeks to 5 years old at the Child Development Center, NSA Annapolis. Reservations can be made up to 30 days in advance and no more than 25 hours per week are permitted for hourly care. All military and DoD civilian families are eligible for hourly care services. Contact the CDC at 410-293-9390 for more information and costs. Individual Augmentee spouses may be eligible for free hourly care - for information call the Fleet and Family Support Center at 410-293-2641.

Child Development Home Program - Providers Needed! http://www.usna.edu/MWR/Child-YouthPrograms/NSAAnnapolis-CDH-AdLandscape-2011

CDH program offers self-employment as a child development provider to qualified persons living on and off base. Providers attend 20 hours of orientation classes including CPR and First Aid. National background checks are performed on all CDH providers. Their homes are inspected by the Naval Academy fire department, safety office and preventive medicine department. CDH program offers providers the opportunity to work in their home and watch their own children grow and develop while at the same time caring for children and earning an additional income. CDH rates are subsidized by DoD to be comparable to Child Development Center rates.

CDH homes provide a warm, family setting in which children can participate in developmentally appropriate learning activities and home-life experiences. The children are able to build a trusting relationship with a provider who will foster their curiosity and creativity, provide guidance and give them the hugs they need.

CDH homes have space available for new children, ages 6 weeks to 12 years old. Some providers also offer evening and weekend drop-in care. If you need child care or would like to become a provider, call the CDH Monitor at 410-293-9395.

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Child-Youth Programs
Billy the Kid Youth Center
Bldg. #126 Alder Road
School-Age Care (SAC)
M-F 6:30 a.m. to 5:30 p.m.
410-293-9396 SAC / 410-293-4998 Sports/Teens
Membership at the Youth Center is free
Member Affiliate Boys and Girls Clubs of America
Accredited by the Council on Accreditation (COA)

Boys & Girls Clubs of America Character Building Program

The Billy the Kid Youth Center is a Member Affiliate Organization of the Boys and Girls Clubs of America and offers teens the opportunity to be members of Torch Clubs.

School-Age Care Program - Ongoing Enrollment

The School-Age Care Program is located at the Billy the Kid Youth Center, Naval Support Activity Annapolis. The center is open Monday through Friday from 6:30 a.m. to 5 p.m. The SAC program operates Monday through Friday from 6:30 to 8:30 a.m. and from 3 to 5:30 p.m. (excluding federal holidays) and includes supervised activities such as arts and crafts, indoor / outdoor games, homework time and an afternoon snack. Additional care will be provided for early dismissals, parent-teacher conferences, in-service days and snow days. Anne Arundel County School Bus transportation is available before and after school to Annapolis Elementary and Severn River Middle. *Van transportation provided by the Youth Center is available for before and after school care ONLY from West Annapolis Elementary School on a limited space basis. Van transportation from the Youth Center to school leaves at approximately 7:45 a.m. Children are picked up by the Youth Center staff from West Annapolis Elementary School at 2:50 p.m. Program fees range from \$35 to \$156 bi-weekly per child based on total family income and depending on whether the child is enrolled in the before or after program or both sessions. There is a 20% discount for each additional child enrolled. Parents need to bring a Leave and Earnings Statement or pay stub when registering their children. The program is open to dependents of all active duty, active reservists and DoD civilian employees. For details, call 410-293-9396* 

#### SAC - Monthly Birthday Parties Resume in September

Happy Birthday will be ringing every month from September through December when the SAC children celebrate birthdays of the month at various locations from Chick-fil-A to the Anne Arundel County Fairgrounds to McDonald's and finally at "Lights on the Bay" at Sandy Point State Park. Children with birthdays during the month are free; Costs for other children range from \$6 to \$10. For more information, view the flyer by clicking here.

#### Open Recreation - On Summer Break!

Open Recreation is on SUMMER BREAK. Open Recreation will resume every Friday from 5:30 to 7:30 p.m. during the school year. There is no charge. Youth can take advantage of supervised open play for arts and crafts, games, computers and more! For information, call 410-293-9396. Flyer Link: <a href="http://files.e2ma.net/12344/assets/docs/btkyouthcenter-openrecreation.pdf">http://files.e2ma.net/12344/assets/docs/btkyouthcenter-openrecreation.pdf</a>

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Teen 1st Fridays, Cooking Club and Teen Fitness Workouts are on Summer Break! Events will resume when school starts in the Fall!

#### Teen Room

Hours are: M-F from 3 to 5:30 p.m. for middle school and high school kids with a YC membership. Teens have access to TV with cable, game table, computer room, magazines, X-Box, Playstation 2, and a comfortable sitting area.

#### 4-H PROGRAM INFORMATION

Does your child love to cook, make a robot or have a special interest? If so, then 4-H at the Billy the Kid Youth Center is the place on base for youth! 4-H offers a variety of enriching and fun programs such as Junk Drawer Robotics, Cooking Club, Reading Makes Cents, Bikes and Heath Rocks. If you are interested in becoming a 4-H Volunteer and attending training, contact Laura Peterson, Training and Curriculum Specialist, at the NSA Annapolis Child Development Center, 410-293-9388 or <a href="mailto:laura.m.peterson@navy.mil">laura.m.peterson@navy.mil</a>

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Child-Youth Programs
School Liaison Officer
(Located at Fleet & Family Support Center)
Bldg. 348 Kinkaid Road
M-F 8 a.m. to 4:30 p.m.
410-293-2641

School Liaison Officer Position Broadens Navy's Child-Youth Program

The School Liaison Officer's primary function is to provide transition support to DoD-eligible families with schoolage children, primarily: School Transition Services, Deployment Support, Liaison Communications, Partnerships in Education, Home School Link Support, Post-Secondary Preparation.

Making a move over the summer with school-age children? Don't forget to contact your School Liaison Officer for assistance in locating your new school, the transfer process, high school graduation requirements and the Interstate Compact on Education Opportunities for Military children.

Carol Mohsberg, 410-293-2641 <u>mailto:carol.mohsberg@navy.mil</u>

#### SCHOOL LIAISON OFFICER - AUGUST NEWSLETTER

http://cnic.navy.mil/Annapolis/FleetAndFamilyReadiness/SupportServices/Families/ChildandYouthPrograms/SchoolLiaison/index.htm

#### CANINE WARRIOR CONNECTION - TEEN CAMP SERVICE PROJECT

or check out

http://www.facebook.com/NavDistWash

or check out the Live Puppy Cam at

http://explore.org/live-cams/player/service-puppy-cam

Free Admmission to Museums - Operation Military Kids Approved!

Blue Star Museums is a collaboration among the National Endowment of the Arts, Blue Star Families, the Department of Defense, and more than 1,500 museums across America. First launched in the summer of 2010, Blue Star Museums offers free admission to all active duty military personnel and their families through Labor Day, September 3, 2012. See the map below for museums participating this summer. Leadership support has been provided by MetLife Foundation through Blue Star Families.

http://www.bluestarfam.org/Programs/Blue Star Museums#.T8evvnlq0S8.email

#### **SLO Recommended Websites for Parents**

Student Online Achievement Resources (SOAR) - interactive student tutorials <a href="http://www.soarathome.org">http://www.soarathome.org</a>

Need a Tutor - a DoD-provided program http://www.tutor.com

Find a School at Your New Location <a href="http://www.schoolguest.org">http://www.schoolguest.org</a>

Morale, Welfare and Recreation

Administrative Information

Sign up to Receive MWR E-mail Announcements

If you want to receive MWR's e-mail announcements, at work or home, here's how you sign up for the listserv: Go to <a href="https://lists.usna.edu">https://lists.usna.edu</a> Select the link for "Look at our List of Lists." The list of available lists is in the right hand panel. Select the MWR-ANNOUNCEMENTS and click on the hyper link. Select "Join or leave the list (or change settings)." Put your email address, name, and then click the button for "Join MWR-ANNOUNCEMENTS". This is also where you can remove yourself from the list.

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MWR Employment Opportunities

MWR Annapolis is hiring for Non-Appropriated Fund positions (full and part time). Visit: <a href="http://www.usna.edu/MWR/employmentopportunities.htm">http://www.usna.edu/MWR/employmentopportunities.htm</a> or call Janice Bevins, NAF Personnel, at 301-342-3653.

#### **Navy Housing**

Navy Housing (\*\*\*\*\*CEL "A" List Communities)

Family and Unaccompanied Housing

349 Kinkaid Road, Annapolis, MD 21402

410-293-9731 Main Number (General Inquiries)

410-293-9739 Housing Referral & Rental Partnership

410-293-2600 Fax

Weekdays: 7:30 a.m. to 4 p.m.

The Department of the Navy Housing Welcome Center is available to meet all of your housing needs. Personnel must first report to the Navy Housing Referral staff, who will assist them in locating housing On-Base, Off-Base or within the local area. For a copy of the Housing Application, please visit

http://cnic.navy.mil/Annapolis/FleetandFamilyReadiness and select "Housing." Frequently asked questions are also available on the CNIC website.

#### Receive Housing Information FASTER??

Check out the HEAT! (Housing Early Application Tool) on http://www.cnic.navy.mil/HEAT

#### Maryland Homefront Mortgage Program Link:

http://www.stardem.com/real\_estate/article\_c9d8570a-c729-11e1-8904-0019bb2963f4.html

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Property Management for Family Housing

Lincoln Military Housing (410) 349-1740

349 Kinkaid Road, Annapolis, MD 21402

410-349-1740

1 (888) 578-4141 Lincoln Maintenance (Toll Free)

Weekdays: 7:30 a.m. to 4:30 p.m.

Saturdays: 9 a.m. to 1 p.m.

E-Mail: mailto:annapolis@lpsi.com

http://www.lincolnmilitary.com/lmh/installations/annapolis/

#### HOUSING IS AVAILABLE FOR DOD CIVILIANS

Military Family Housing on and surrounding the Base is administered by a partnership between the Department of Navy and Lincoln Property Company (PPV – Public Private Venture). Lincoln Military Housing is the Property Manager of PPV Housing for USNA/NSA Annapolis. PPV Housing has two- to four-bedrooms and newly renovated townhomes, single-family and apartment-style homes. PPV Housing is available for all Active Duty Service Members,including bachelors, and for Military retirees and active and retired Federal Civil Service employees. To view PPV homes, features and amenities, community services, policies, area information and more, please visit <a href="http://www.lincolnmilitary.com/installations/annapolis">http://www.lincolnmilitary.com/installations/annapolis</a>. Newly arriving personnel are welcome to tour PPV Housing Monday through Friday from 7:30 a.m. to 4:30 p.m. and Saturdays from 9 a.m. to 1 p.m.

Housing in the local area is available through the Rental Partnership Program (RPP) or Private Property Owners. Private Property Owners also support the local housing market by making their real estate rentals/sales available to military families. Personnel should contact the Navy Housing Referral Office for more information about these programs.

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Unaccompanied Housing (formerly Bachelor Housing / Permanent Party Housing)

"A LIST PLATINUM AWARD" - Six Consecutive Customer Service Excellence Awards

Three Consecutive "Crystal" Awards for Customer Service!

Reina Mercedes Bldg. #47

410-293-9067 or 410-293-9066

All newly reporting personnel are required to report to the Unaccompanied Housing office located at Bldg. 47 (Reina Mercedes Hall). All others can secure private-leased residence through the Navy Housing Welcome Center, Unaccompanied Housing facilities consist of three buildings: Reina Mercedes Hall (Bldg. 47), Fuller Hall (Bldg. 46) and Bldg. 298 that house permanent party residents. Reservation requests may be made by the member or sponsor.

Geographic Bachelor (GB). NSA Annapolis Unaccompanied Housing can provide berthing to GBs attached to NSAA or tenant commands only after approval from the Unaccompanied Housing Assignment Review Board (BHARB). GBs should have housing arrangements prior to reporting aboard NSAA/USNA.

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Navy Gateway Inns & Suites

Always Delivering 5-Star Service

Winner of the Admiral Elmo R. Zumwalt Award for Excellence in Lodging Management for 2012

2 Truxtun Road

Annapolis, MD 21402

Toll Free Number is 1-877-NAVY-BED EXT 266 8a.m. to 5:30 p.m. - Monday through Sunday 8 a.m. to 2 p.m. - Federal / Official Holidays

#### NOTICE

The Navy Gateway Inns & Suites (NGIS) is closed for renovation from June 4 through the end of October 2012. A Certificate of Non-Availability (C.N.A) will be issued upon request in accordance with the new regulation that PCS orders are now required to obtain a C.N.A if both the NGIS and the Navy Lodge are booked. NGIS is responsible for issuing C.N.A. for TDY and Navy Lodge is responsible for issuing a C.N.A. for PCS.

During the renovation and closure, staff is not available at the NGIS on weekends or regular days off, so please do not leave a voice mail or e-mail for a C.N.A. but call the appropriate reservation line below to obtain a C.N.A.

For TDY Orders: Navy Gateway Reservations at 1-877-Navy-BED (1-877-628-9233) For PCS Orders: Navy Lodge Reservations at 1-800-Navy-INN (1-800-628-9466)

Please note that C.N.A forms are computer-generated in real time and cannot be back-dated and, therefore must be issued prior to the report date noted on the travel orders. To contact NGIS Management or for further assistance,

please call 410-293-3906.

Below information is appropriate when NGIS is re-opened in October.

Tucked away on the second and third floors of the historic Naval Academy Club on the "Yard" at the U.S. Naval Academy, Navy Gateway Inns & Suites (NGIS) Annapolis offers 13 custom decorated rooms and two distinguished visitor suites all within walking distance of beautiful downtown Annapolis, City Dock and Maryland State Government Offices.

Guests are able to enjoy a complimentary temporary membership at the Naval Academy Club valid during their stay at NGIS Annapolis. Upon arrival, Guests will receive a temporary membership card which is also valid for a complimentary drink / cocktail at The Alley, the fine dining establishment located in the lower level of the Naval Academy Club.

Navy Gateway Inns & Suites (NGIS) Annapolis room rates are:

• Regular Suite - \$95.00 per night

• Distinguished Visitor Suite - \$114.00 per night

Reservations can be made at <u>mailto:ANNAPOLISVQ@lists.usna.edu</u> or download and print out the form at <u>NGIS Reservation Form link</u>; and FAX to NGIS at 410-293-2444 or go to <u>http://www.dodlodging.net</u>.

NGIS VIRTUAL TOUR http://www.usna.edu/MWR/NavyGatewayInns&SuitesAnnapolis.htm

After-hours Check-in Procedure: All keys will be held at the designated key boxes located at the NGIS lobby. Key box assignment and instruction are posted by the NGIS entrance. Navy Gateway Inns & Suites Annapolis brochure.

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#### MWR-Blue Jacket Cafe

#### Serving 5-Star Quality Food and Customer Service

A6 Bennion Road

Naval Support Activity Annapolis

Cafe Manager: 410-293-9117

Assistant Manager: 410-293-9119

FAX: 410-293-4222; DSN 281-4222 Daily Menu Recording: 410-293-9120

#### **REGULAR HOURS OF OPERATION:**

Hours - Weekdays: Meal Costs for Non-RIK Persons

Breakfast: 0630-0800 Breakfast: \$3.50

Lunch: 1100-1300 Brunch / Lunch / Dinner: \$5.50

Dinner: 1630-1800

Hours - Saturday / Sunday / Holidays

Brunch: 1000-1230 Dinner: 1630-1800

Coffee Shop and Deli Monday - Friday 0800-1600\_

#### MWR Blue Jacket Café (and Catering Services)

The Blue Jacket Cafe offers new menu choices and carry-out service as well as a coffee shop / deli area open throughout the day. The Blue Jacket Cafe offers catering services (think of the ease when planning your next event / function!!). The MWR-Blue Jacket Café is open Monday through Friday from 6:30 a.m. to 6:30 p.m. for breakfast, lunch and dinner. During the weekdays, customers can get fresh brewed gourmet coffee, muffins and bagels and take advantage of the "Grab and Go" (sandwiches, salads, sodas, cookies) from 8 a.m. until 4 p.m. from the coffee shop / deli menu. On weekends and federal holidays, the MWR-Blue Jacket Cafe is only open for brunch (10 a.m. to 12:30 p.m.) and dinner. The cost for brunch is \$5.50 per person. For hours and daily menu, please visit:

http://cnic.navy.mil/Annapolis/FleetAndFamilyReadiness/ThingsToDo/FoodAndBeverage/Galleys/index.htm For a copy of the coffee shop / deli menu, please visit this link: http://www.usna.edu/MWR/BlueJacketCafe/Coffee-DeliCafe-Menu-Dec2011

Blue Jacket Cafe Weekly Menu Blue Jacket Cafe Coffee Shop and Deli Menu

Summary of Meal Form (for Scout / Youth Groups)

Blue Jacket Cafe Coffee Mug Membership

The Blue Jacket Cafe has a Coffee Mug Membership Program where customers can purchase a coffee mug for \$7.50 and receive refills for \$.50 each when they bring their purchased mug back to the Blue Jacket Cafe. Customers

will receive a membership card and will have access to future special discounts and promotions. And it won't be long before the new high-end coffee bar will be opened (approximately Sept. 5). Look for details and get your coffee taste buds ready! For more information, call 410-293-9120.

## The new high-end coffee bar is coming soon! Tentative Opening Date - Sept. 5

#### **COMMUNICATION - NAVY WAY**

NAVY's Fleet and Family Readiness on FACEBOOK!

http://www.facebook.com/navyffr. To view F&FR's videos on YouTube, visit <a href="http://www.youtube.com/user/NavyFFR">http://www.youtube.com/user/NavyFFR</a>. Note: YouTube cannot be viewed from an NMCI computer, but the videos have also been loaded on the F&FR Facebook page, which can be accessed from an NMCI computer.

Fleet and Family Support Centers' FACEBOOK!
Fleet and Family Support Program's Facebook link
Tweets Fleet and Family Support Program Tweets link

MWR Annapolis FACEBOOK <a href="https://www.facebook.com/AnnapolisMWR">https://www.facebook.com/AnnapolisMWR</a>

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#### **UPCOMING SPECIAL EVENTS**

- Pool Membership Thank You Party August 17, 4:30 to 7 p.m.; North Pool with All-American Cookout provided by Blue Jacket Cafe (FREE to Pool members and RIK; \$5.50 for others; \$3.50 for children 11 and under)
- NDW Regional Six Flags Defenders of Freedom Appreciation Day September 22, 2012;
   \$18.00 each or \$20 after August 17 (ages 3 and up), Exclusive Park Use on this day for DoD personnel; first 5000 tickets receive free ticket to Lynard Skynard concert at 7 p.m.
- Santa Grams in Base Housing with the Fire Truck December 12; FREE, 1800-2000, Housing Development

#### SPONSORS' SPOTLIGHT

If you would like to become a sponsor of one of our many programs contact

Donna M. Ruokonen at 410-293-9206 or e-mail

ruokonen@usna.edu

The appearance of sponsors' names does not imply government endorsement. (Neither the Navy nor any other part of the federal government officially endorses any company, sponsor or their products or services).

The Navy Morale, Welfare and Recreation Division administers a varied program of recreation, social and community support activities on U.S. Navy facilities worldwide. Our programs here at NSA Annapolis provide active-duty, reserve and retired Navy personnel, DoD Personnel attached to the facility and their families with sports and physical fitness activities, and child development and youth programs. Our mission is to provide quality support and recreational services that contribute to the retention, readiness, mental, physical, and emotional well-being of our Sailors.

### Thank you to . . . .

Chick-fil-A, Annapolis Mall for sponsoring "Chick-fil-A Mooo...vie Madness" for families to watch movies on the third Thursday of every month.

Lincoln Military Housing for sponsoring the Youth Center's America's Kids Run on August 23 and the last week of Summer Camp "Fiesta Party" August 20-24.

Bowie Baysox Baseball Club for sponsoring the 13th Annual "Navy Night at the Baysox" on August 3.

Sponsorship Opportunities . . . (brochure)

Have a friend receive upcoming issues of our newsletter. https://app.e2ma.net/app/view:Join/signupld:22556 Send this sign-up link to a friend

Please note that your participation in any MWR event may result in having your photo taken. This photo may be used in any Fleet and Family Readiness Program publication and / or shared with commercial sponsors, if applicable.

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FFRP Naval Support Activity Annapolis

89 Bennion Road | Annapolis, MD 21402 | (410) 293-9206 | E-mail address: <u>FFRPMarketing-NSAAnnapolis@usna.edu</u>
Web: <u>www.cnic.navy.mil/annapolis/fleetandfamilyreadiness</u>

This email was sent to ruokonen@usna.edu. To ensure that you continue receiving our emails, please add us to your address book or safe list.

 $\underline{\textbf{manage}} \ \ \text{your preferences} \ | \ \underline{\textbf{opt out}} \ \ \text{using } \textbf{TrueRemove} \, \mathbb{B}.$ 

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